

Calling Lake Alberta Volume 9 February, 2023



The
CALLING LAKE

Spirit

PUBLISHED BY THE CALLING LAKE COMMUNITY SOCIETY

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FACEBOOK: Calling Lake Community Society

Winter Greetings from Roger,

President, Calling Lake Community Society

Volunteers, the heart of the Calling Lake Community. Wow pretty impressive events that have been hosted in our community. Suppers, Luncheons, Food Bank Drives, Christmas Socials, Presents for Children, Schools events, Women's Wellness Day, Wood Program, Bingos, Spirit Newsletter, fundraising efforts and this is all just recently.

So impressive and I want to say Hats Off to all those who have stepped forward to help out. So many wonderful people stepping up to help out, how and when they can. If you haven't already, and want to get involved just contact one of our board members or myself to see how you can contribute. Many hands make little work for all of us and with that in mind we can also host and do more for our community.

I also want to say thank you to ALPAC and Byron Brent for the wood program and a big applause for the skating path that the MD has put in. The staff are doing a great job with that trail and maintenance of this. Be sure to come out and take a skate or roast marshmallows around the fire place.

Coming up watch for an announcement of our first ever Casino. We will need volunteers to help run this in Fort McMurray. This will be happening on August 29, 30, 2023. Hotel and meal expenses will be covered for those that volunteer their time. This will be our biggest fund raiser ever! Also coming up are special dates such as Valentine's, Easter, Mother's Day and Father's day. Be sure to support our raffles on these events, and who knows you might win some special prizes in doing so.

Lastly, my time as President will be drawing to an end and at the September AGM. We will be in need of passionate people for some board positions. Please keep this in mind and think about becoming a board member.



WANTED
Volunteers to
work at the
upcoming Casino
Fundraiser in
Fort McMurray

Aug 29 & 30/23

Contact Nora
780-953-0664

THE CANADIAN ARMY ATTESTATION PAPERS



HISTORICAL CENTRE

REMEMBRANCE DAY 2022



Remembrance Day

We celebrated Remembrance Day November 11, 2022, at the Historical Centre by observing 2 minutes of silence at 11:00 to honor those who have served Canada and our community. With the help of the MD who loaned us 6 Remembrance Day wreaths, and Jennifer Schacher lending us a Remembrance Day quilted wall hanging that she made, we constructed a memorial honoring the following:
John Schmidt, David Cardinal, Jeremy Nipshank, Dick Baker, Noel Boskoyous, The CL Fire Department

Current News

After Remembrance Day we took all our displays apart and stored the historical items in our storage room hence the centre is currently closed. Once again with the help of the MD, Merle Laroche is repairing and painting the walls for us, which is exciting as we are looking forward to spring and reopening with more new displays. We have had a several donations / loans of historical items since our opening for which we are deeply appreciative.

Plans for the yard of the Historical Centre for the spring although not finalized are exciting, the MD is working with a professional landscape designer as are we. A sports display and signage at the Recreation Centre, again the plans are not finalized however in the works. We continue to gather historical information, are working towards including such information on a website and on social media. We plan on several luncheons / information gathering sessions during the coming months, the first one to feature and gather sports history. We continue to identify unidentified people in many of the pictures that we have gathered, for this we need and appreciate your input.

Should you wish to help in anyway have questions or concerns please contact.

Kathy Stubbs

kdstubbs@deltahelicopters.com

780 719-9949

Wilf Brooks

wilf@wishventures.ca

780 289-8615

I would like to thank all the people who have helped make this historical hunting and gathering project what it is today, because of you this is a dynamic project with endless possibilities. An exciting time for all of us who love CL.

EXPLORING THE HISTORY OF SPORT IN CALLING LAKE

By Wilf Brooks and friends

No matter when they came or from where, the people of Calling Lake have always engaged in sporting activities and games of chance as time permitted. What did they play, and did the games change over time?

Those questions and more are behind an effort to learn about the history of sport and recreation in Calling Lake as part of celebrating our heritage as a community.

Researchers tell us that traditional games played by First Peoples in what is now western Canada included lacrosse, a game invented by Indigenous peoples as far back as the seventeenth century. Canoe racing also owes its roots to Indigenous cultures. Other traditional games included tug-of-war and hide-and-seek – running and playing hard prepared youth for hunting, as did playing with toy bows and arrows and peashooters. In another game, snow goose, one boy would swing a wooden or stone target around in the air as others tried to hit or catch the target while sitting or kneeling.

Were those games and more played here? Did the games evolve as European fur traders and other voyageurs found their way to Calling Lake, whether for the trapping or fishing season or to live? If we were to go back to those times, what would we find folks doing for fun? Perhaps our Elders can help us learn more.

Organized sport in Calling Lake as we think of it today developed within the past 100 years. Softball, baseball and ice hockey were brought into the community by settlers and others who came to work or live, be it for a short time or a lifetime. As numbers swelled and more folks homesteaded near enough to gather for a competition and return home in a day, facilities were cobbled together, from ballfields to indoor recreation centres. Ball teams and hockey teams came together as well, using men, women, boys and girls to fill the rosters for fun, and for competition. Once Calling Lake got what I often refer to as World Class facilities, we made use of them to get adults and kids alike off the street, so to speak. And what better place to hang out than at the rec centre, the hockey rink or the ball diamond.

As we hunt and gather our sport history, we are learning of talented individual athletes, competitive teams and remarkable events. We have gathered school sport history as well, including track and field highlights. Our claims to fame included “arms for hire,” as other teams borrowed our talent to improve their chances in tournaments. Ball pitcher Dick Nipshank comes to mind, and he is not alone. Events of note include our Annual Bannock Cup and Elite Hockey camps as well as an Australian Indigenous hockey game we hosted in 2020.

We have heard tales of boxing, wrestling, football, sailing, skiing, swimming and more. Of impromptu games, including some passed down from earlier days, such as anti-l-over, murder ball (dodgeball with a twist), scrub (stickball), road hockey, boxing and other martial arts. And of course hunting and fishing, summer or winter, whether for fun, profit or competition.

The three pictures with this article speak a great deal about who we are and who we were. Please look over the pictures and the story that accompanies each one. We will also share the information we're discovering via Facebook, a website and print form. We are also planning a display of equipment and photos that is sure to bring back memories. Watch for that!

We invite you to help round out what we know about the history of sport and recreation in Calling Lake. Please share what you have in your attics and memory banks with the folks who have volunteered to lead the hunt: Kevin Prather, kevin.prather@mdopportunity.ab.ca, Devin Dequaine, devin.dequaine00@gmail.com, Wilf Brooks, wilf@wishventures.ca or the Calling Lake History Committee, callinglakehistory@gmail.com

Each year since 1993, Indigenous teams across Alberta have traveled to Edmonton to play for the Alberta Native Provincial



Hockey Championships, a Hockey Alberta sanctioned event. Coaches must be certified, which helps with development, and players can

register for just this one tournament. Calling Lake has participated since about 2001; as in many other communities, kids keep this tournament in their sights all winter as they play shinny or pond hockey and attend camps and clinics. At times, communities share players to give everyone a place on a team – and to fill their own rosters or snag some top talent. This 2015 championship team played under the Calling Lake banner, with about half of these kids from Calling Lake. One may call it our coming out of winter each spring.

Around 2010, Calling Lake began hosting the Bannock Cup for



the community. It's “all hands on deck” for the Bannock Cup. Kids and adults, guys and gals get involved – as players,

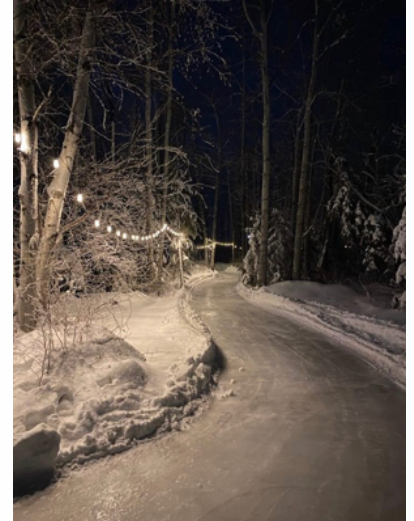
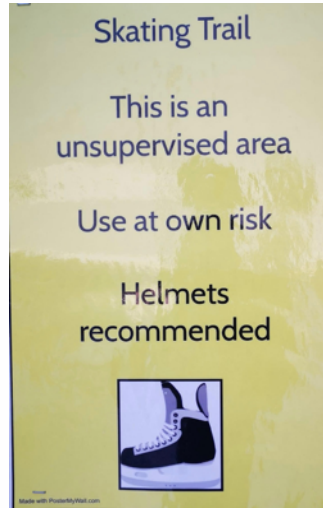
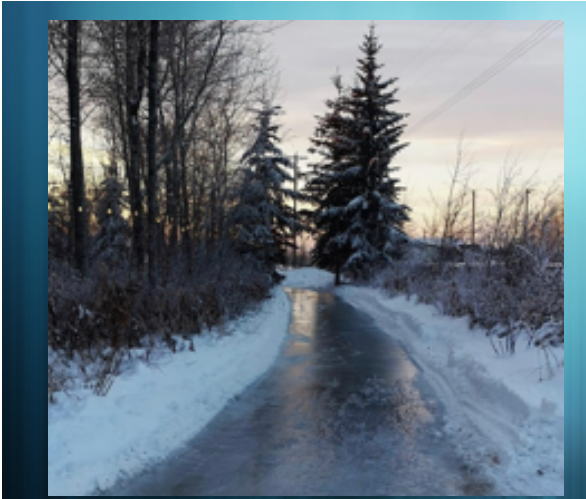
referees, concession workers and more. What started as a tinfoil-wrapped cup is now a replica Stanley Cup, but make no mistake it is the Calling Lake Bannock Cup. In January of 2020 an Indigenous team from Australia came to challenge for the cup, and a great time was had by all. This picture is one of hundreds in our archives celebrating our community time with “The Bannock Cup.”

Softball and baseball, fast pitch or slow, Calling Lake has played it all. We love our ball, as do many communities in the north. The Double R Rangers, an adult team sponsored by the mill in Calling Lake, played from 1981 until 2005 or thereabouts. It involved kids and entire families to make it all happen, be it Wednesday night practice or weekend tournaments, be they in Calling Lake or other places near or not so near. Kids watching the games could earn a quarter for fetching foul (and homerun) balls or empty cans. What's more, the players became their heroes, positive role models. Here, the Rangers show off their hardware in Widdewater, where they took top prize. How many of these players do



you know? We now know them all and we'll share their names at an upcoming gathering celebrating the history of sport in Calling Lake.

CALLING LAKE RECREATION AND ACTIVITIES



Family Fun Times

Winter Activities

OUTDOOR SKATING TRAIL

designed with a fire pit area where food and drink are allowed



GET ACTIVE

Every Tuesday and Friday morning, 9:30am - 11:00am

Jan 31 to May 26



Summer is going to arrive before we know it.

Calling Lake Municipal Campground bookings opening soon.

See details



Calling Lake Municipal Campground

online bookings open March 1, 2023

\$36/night to book online go to:
<https://www.campspot.com/book/calling-lake-municipal-campground>
Open May-September
email: campcl@mdopportunity.ab.ca

Calling Lake, AB



TRAUMA

Wally Rude, Psychologist with Bigstone Health Commission

As a psychologist and member of the Community Wellness team, I have provided psychological services along with my colleagues to community members who face a variety of challenges— anxiety, depression, anger, addictions, self-harm, relationship ruptures, stress, communication, and mental illness. However, at the very top of the list is trauma, often in the form of complex intergenerational trauma. But sometimes it is just simple trauma.



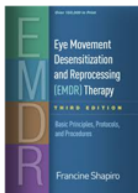
What is trauma? Simply put, trauma is an emotional or psychological wound that has not been fully healed. The incident is not the trauma; rather, it is the nature of the sustained injury. Trauma is caused when we experience or witness a harmful incident, a seemingly ubiquitous experience for humans. A good place to start with clients who want to process trauma is by asking: What has happened to you?

Are there different types of traumas? Indeed. There many different types of traumas including childhood, shock, relational, intergenerational, and vicarious trauma. To be hurt is to be human; and to hurt is to be human. Specific examples of trauma include sexual, physical, emotional, or relational abuse, neglect, loss of loved ones, grief, war, or the witnessing of an accident.

What about childhood trauma? Some believe that adverse childhood effects such as abuse, and neglect are particularly harmful for healthy development. Children need a secure attachment with an adult and seek proximity to a loving and sensitive caregiver. When a secure attachment is not achieved, it can limit healthy social and emotional development. Unresolved childhood trauma can lead to unhealthy attachment styles: anxious, avoidant, or disorganized. And remember, age is not always correlated with emotional health.



How does trauma impact us? In short, trauma causes pain. And pain is often numbed in unhealthy ways, such as with alcohol or drugs or other addictions. triggered can lead to a stress response: fight, flight, or freeze— which leads to an overestimation of the threat and an underestimation of our resources to handle it. If the survival response remains on high alert, and we continually feel the threat, we become traumatized. Unresolved trauma is carried in our brain, body, mind, and emotions and will fester until addressed. Unresolved trauma can lead to symptoms of depression or anxiety. Sometimes I use this analogy with my clients: unresolved trauma can feel like you are carrying additional baggage—an accumulation of heavy trauma rocks are weighing you down and negatively impacting your life. One of my clients told me that it feels like there are strings attached that keep her from moving.



Can trauma be treated? The short answer is YES. But I also don't want to sugar coat the amount of courage and effort it often takes to address trauma. One of the more promising empirically validated modalities (meaning it is effective for treating trauma is Eye Movement Desensitization and Reprocessing (EMDR); a form of exposure therapy that incorporates left and right brain integration. I have worked with several members of the community who have suffered from trauma – often involving sexual abuse, neglect, toxic relationships, anxiety, addictions, and grief. And they have been very successful in processing and 'dealing with their trauma' and achieving a level of freedom they never thought was possible.



What is the goal of processing trauma? Well, many of my clients express a desire to be 'free' from their trauma; they want to remove the heavy 'trauma rocks' from their backpack. They want to stop numbing the pain with unhealthy coping strategies. They want to cut the strings that are holding them back. They want to become the best version of themselves; to become who they are. They want to achieve holistic well-being (physical, emotional, spiritual, mental). They want to be strong and healthy so that they can connect in healthy

ways with their loved ones. They want to put 'what has happened to them' in the past. They want to use their gifts to make a positive contribution in their community.



Would you like to invest in your well-being? If you would like to discuss the possibilities of addressing trauma (or other areas of concern) in your life, you can reach out to Wally directly at wally.rude@bigstonehealth.ca or cell at 780 213-4371. Wally holds office hours at the Bigstone Health Centre in Calling Lake, Calling Lake School and in Wabasca.

About Wally Wally and his wife Paula reside in Calling Lake. Paula is an RN and works at the Bigstone Health Centre in Calling Lake. Outside of his professional work as a psychologist, he enjoys outdoor pursuits such as hiking, camping and hunting.



You will often find him after work at the Calling Lake Recreation Centre or at his farm. Along with Paula, he has recently joined the Calling Lake Fire Department. On August 12, 2022, Paula and Wally became grandparents for the first time, a joyful event for sure.



Picture to left: Office in Calling

KITO SAKAHEKAN SENIORS

Valentine's Bingo
Feb 13/23
Next Bingo
March 14/23



COMMUNITY NEWS

As 2022 ended there was lots of activity in our community. Seniors hosted a pumpkin carving/dress up and lunch event for Halloween, did some fundraising selling chili and Bannock at the Christmas Market and organized a \$100 cash draw for each day in December. 31 Lucky Seniors walked away with \$100 cash! All events were fun and well attended; the chili and Bannock were delicious! Seniors supplied cash gifts of \$25 to the MD for their birthday lunch and bingos.

The Women's Committee hosted a Christmas Craft Day. The Community Society hosted a Christmas market with Santa, and the MD hosted two bingo/birthday lunches. All fun and well attended.

SENIORS MEETING

21 people attended the meeting held January 16th, 2023. There was a general discussion re possible events. Games day, poker tournament, spring garage sale for new and used items, fishing derby, painting night, and spring tea were some suggestions.

A Summer Jam Session, Mardi Gras, or Date Night, Greenhouse Visit and Valentine Bingo are in the planning stages. Angela Lightning reported the MD plans to host bingos in March, June, September, and December. Dates and times for these events TBA.

As always volunteers are needed and welcome!

Please join us for a Shrove Tuesday Pancake Breakfast to be held in the Seniors Centre on February 21st.

Get active and join the Health Walk on Tuesday and Friday from 9:30 - 11:00 am at the Rec Centre. Program begins January 31st and will continue through May 31st, 2023.

The following motions were made and carried:
Research style and cost of new chairs and tables.
Purchase small kitchen implements (cutting boards, knives).

A motion to allow renting out the Centre for private events was defeated.

Finances

Mel reported a bank balance of \$6853.01. She is making application to FCSS for a grant. Many seniors enjoy sewing, crafts, and baking. Annual sales of hand-crafted goods and/or gift basket raffles were discussed as a good way to augment the bank account.

We all have talents we can share! Please reach out to share yours at an



SENIOR'S COMMUNITY WOOD PROGRAM
Contact Byron at 780-617-0535

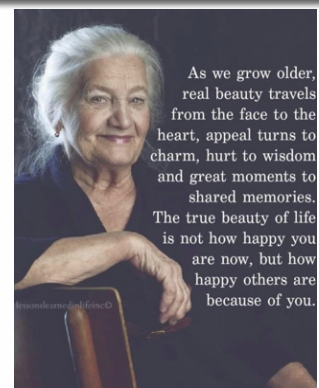
Wood for Sale per truck load

Seniors in need qualifications:

- Must be a permanent resident
- Must be 65 years of age or older
- Your primary heat source is wood
- On AISH

Seniors in need	\$30
Seniors	\$80
Other	\$120

Delivery dates start on December 19, 2022. Please allow 4 days from the time you order, for delivery. While quantities last.



As we grow older, real beauty travels from the face to the heart, appeal turns to charm, hurt to wisdom and great moments to shared memories. The true beauty of life is not how happy you are now, but how happy others are because of you.



The Calling Lake Fire Department would like to thank its past and present members for their commitment to our community. We would also like to welcome all our new members including our junior members. Yes, we have junior members. If you're thinking about joining, bring your teenagers along. There are multiple roles to fill on calls and a junior learning to roll hose now is a pump operator down the road! This experience could lead to a love of the service and maybe a future as a professional fire fighter or paramedic. We continue to work on improving our skills and expertise as we train to the highest standards.

Calling Lake Fire Dept is a part of the MD of Opportunity regional fire service. We follow standardized operating procedures and high-level training standards so we are well prepared and confident in emergency situations.

The fire department plays a big role in the community, and it takes time and dedication. It is a huge commitment but a fulfilling experience. We are always looking for new members to join our team. Meeting/practice nights are every Wednesday at 7 pm. We work hard on ensuring our volunteers receive the necessary training. We aim to provide a sense of family as we strive to serve the community to the best of our abilities. We require volunteers who are interested in training in medical response and fire-fighting.

Please come by to sign up or just sit and observe to see if it's something you would be interested in. We would be happy to answer any questions or concerns you may have. Hope to see you there.

Reanna Courtorielle

Calling Lake Fire Chief



photo from the 1980's



Randy Auger, Alphonse Auger, Cleve Cardinal, Darrell Cardinal, Brian Hinchey, Fire Chief Gerald "Bobby" Courtorielle, Randy "Jaybird" Jacobs

Calling Lake Gifting Program



Special acknowledgment extending our gratitude for those who supported the 2022 Calling Lake Gifting Program; it was led by Calling Lake residents Nancy Young, Priscilla Cardinal and Nora Ross. Over a hundred fifteen Christmas Dinner Hampers along with Christmas presents for the children were packed and delivered on Sunday December 18. It could not have been possible without the contributing organizations who donated funds and the volunteers who generously gave their time which resulted in a successful first year for this Gifting Program Committee. The volunteers were committed to picking up groceries, organizing & packing the hampers and delivered them to the homes of the recipients. It was definitely a team effort to help bring some Christmas cheer to many families in the Calling Lake community. The Gifting program received a total of \$21,265.00 in financial donations and each contributing organization will receive a financial report.

The Calling Lake Gifting Program would like to thank our 2022 volunteers:

Shelly, Levant, Ronin Clearwater, Austin Favel-Jackson, Tessa Merkle, Debra Gambler, Randy Auger, Valerie Jacobs, Mildred Cardinal, Connor Jacobs, Cindy Uchtyl, Shawna Desjarlais, Florence Sundby, Jean Laroche, Merle Laroche, d SigLinda Johnson, Stephanie Lightning, Devin Dequaine, Lindsey Auger, Cherish Auger, Bernie Cardinal, Raymond Favel, Randy Gladue, Kehew Cardinal, Grant Leslie, David Ross, Mary Moffatt, Linda Schmol, Cheryl, Gus & Matt Rettschlag, Tamara & Owen Larson.

We would also like to thank our contributing organizations who gave so generously:

MD of Opportunity, Spur Petroleum, Bigstone Cree Nation, Calling Lake Community Society, Metis Local Lac La Biche, Ward Chemical, Budney's Maintenance Services, Ennis Family, Calling Lake School Staff, Jeanne Rouse, Tracy Sedens, JaDee Landscapes, Kathy Stubbs, Wilf Brooks, Sean Remeika, LA Restaurant, Cheryl Saddleback, Virginia and Eric Olsen, Duanne & Kathy Carter, Jo Kat Convenience Store, Moosehorn Market, Orloff Enterprises Ltd, Willie and Jim Nadasdi, Mike Znak, Carol Badry, Kathy Alderman and Tim Siewert. Also, Grant Leslie (Who was also kind enough to make his SUV available to pick up & deliver goods- and some volunteers),

We, the Calling Lake Gifting Program Committee felt the experience was immensely rewarding, and we are looking forward to the 2023 initiative. If you are interested in volunteering next season, please reach out to one of the three leads on the project.

Much Gratitude and Seasons Greetings to All!
Nancy Young, Priscilla Cardinal and Nora Ross

It is not how much we give, but how much love we put

CALLING LAKE SCHOOL

We hope you had a good holiday break. We are welcoming back all our students and look forward to a successful second half of the school year. Second semester starts on January 31. We are looking forward to new high school courses and new opportunities for our students to commit to improving their attendance and reaching their educational goals. We have several exciting programs planned for the rest of the school year.

We will continue our land based learning program. We are out on the ice starting February 6th to learn about the lake ecosystems and the life cycles of fish. We will also learn about traditional harvesting and food preparation methods from our local knowledge keepers. It is a week that our staff and students look forward to every year.

We have partnered with the Woodland Operators Learning Foundation (WOLF) and ALPAC to learn about the forestry industry. We are excited about this opportunity to connect our students with local and sustainable careers. May 1st to 5th will be "Forestry Week" at Calling Lake School. Our high school students will be given the opportunity to complete CTS courses in forestry, learn about operating forestry equipment on WOLF simulators and talk to experts from ALPAC about the wide range of careers in the forestry economic sector. We are looking forward to an exciting week of learning at Calling Lake School.

Our archery club starts practicing on February 7th at 3:30. We are looking forward to participating in several tournaments this year. The provincial shoot will be held in Edmonton this year and we are hoping to send a team to represent Calling Lake.

Jason Wiks

Land based learning Fishing at its finest...



"A teacher gave a balloon to every student, who had to inflate it, write their name on it and throw it in the hallway. The teacher then mixed all the balloons. The students were then given 5 minutes to find their own balloon. Despite a hectic search, no one found their balloon. At that point, the teacher told the students to take the first balloon that they found and hand it to the person whose name was written on it. Within 5 minutes, everyone had their own balloon. The teacher said to the students: "These balloons are like happiness. We will never find it if everyone is looking for their own. But if we care about other people's happiness, we'll find ours too." May your day be filled with happiness."
Author unknown

Calling Lake Public Library

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This & That

Pink Shirt Day

NAME _____

2 0 2 1

MY PINK SHIRT DAY MOTTO:

EXAMPLE: BE A BUDDY, NOT A BULLY!

HOW I SHOW PEOPLE I CARE:

DESIGN YOUR OWN!

KIND THINGS I'VE DONE THIS WEEK:

FUR, FEATHERS AND FUN!

MÉTIS PEOPLE HAVE BEEN HARVESTING PLANTS AND ANIMALS AS A MEANS OF SURVIVAL FOR HUNDREDS OF YEARS IN WAYS ROOTED IN TRADITIONAL BELIEF SYSTEMS AND WAYS OF LIFE. WRITE DOWN SOME FACTS OR STORIES ABOUT EACH ANIMAL!



BEAVER



RABBIT



FOX



DEPARTMENT OF CHILDREN AND FAMILY SERVICES

albertametis.com

THE STEALTH HEALTH TOP TEN

Drink a cup of tea in the morning.

Walk for 30 minutes a day to prevent weight gain.

Quit smoking.

Have a glass of wine every evening.

Take 5 minutes a day, close your eyes in a quiet room and practice deep breathing.

Talk to a friend (whether in person, on the phone or via email) every day.

Eat fish twice a week.

Take a multivitamin with minerals.

Eat whole, natural foods rather than boxed or processed foods.

Get a good night's sleep.

What is your favourite recipe? Are you willing to share? Text Jennifer at 780-777-5390 and we will feature in our next paper.

NEW YEAR SMOOTHIE BOWL

Ingredients

- 1 heaping cup organic frozen mixed berries
- 1 small ripe banana (sliced and frozen)
- 2-3 Tbsp light coconut or almond milk (add as needed)
- 1 scoop plain or vanilla protein powder (optional)
- 1 Tbsp shredded unsweetened coconut (shredded)
- 1 Tbsp chia seeds
- 1 Tbsp hemp seeds
- Granola (optional)
- Fruit (optional)

Directions

1. Add frozen berries and banana to blender.
2. Blend on low until small bits remain.
3. Add coconut or almond milk and protein powder (optional), and blend on low again until the mixture reaches a soft serve consistency (scrape sides as needed).
4. Scoop into 1-2 serving bowls and top with desired toppings (seeds, granola, fruit).
5. Best enjoyed when fresh but extra servings or leftovers can be stored in the freezer for 1-2 weeks! Let thaw before enjoying if frozen.



SPIRIT BUSINESS DIRECTORY

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The Calling Lake Community Society would like to thank the businesses who continue to support our society by advertising in our paper. If you would like, we welcome donations and or offer you a space to advertise.

Vanhout Bakery

4908 51 St, Athabasca, AB

Check us out on Facebook @ [Vanhout Bakery](#)



Bring the Calling Lake Spirit into the store and show us our advertisement, get %10 off!!

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SPIRIT BUSINESS DIRECTORY

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Table w/2 leaves & 4 chairs
\$200

Glass door cabinet /w shelf & 4 drawers
\$200

SAVE \$50 if you buy full set
\$350

call 780-331-3945

Calling Lake Women's Committee

STAY TUNED

We have some good things planned
for the Spring.

If you are interested in volunteering

Contact:
Mona Gladue at
780-245-2952
or
Jennifer Schacher at
780-777-5390



Our first basket raffle this
year. Debra G won this
Valentine's Basket filled with
over \$300 of goodies! We aim
to do several more of these
raffles through the year!



Become a member....

We have a mandate to provide a forum for community development and community wellness. This will be accomplished by

Supporting as many community projects as possible for all ages groups (children to seniors)

Engagement of all citizens, including full and part time residents and guests to Calling Lake.

Becoming a member is appreciated and will provide you:

- A forum to offer input and learn about who we are.
- An annual report to be mailed out once a year.
- Access to information regarding lake matters.
- Updates regarding community developments and events.
- Quarterly Community Newspaper via email or paper copy.

Become a member to support our community

2022-2023 Membership Application				
Please Circle:	Renewal	New Membership		
First Name:		Last Name:		
Home address:				Province:
City:	Postal Code:	EMAIL:		
Calling Lake Address:				Postal Code:
Please Circle:	South Beach	North Beach	CL Drive	Jeremy Nipshank
	Central	Hwy 813	Two Mile Reserve	
Home Phone #:		Lake or Cell #:		
<p>Drop off this form at Calling Lake Post Office or by:</p> <p>Mailing address: Box 44 Calling Lake Alberta, T0G 0K0</p> <p>Email: callinglakecommunity@gmail.com</p>				


**DO NOT DELAY
FILL OUT THIS FORM TODAY**